Our Weaning *Winter* Menu 2026/7

No added salt, no added refined sugar, just lots of taste and goodness.

Bright Horizons

Breakfast every morning

A tasty start to the day with cereal, wholemeal toast, yoghurt, warm porridge or overnight oats, and fresh fruit, served with milk or water - providing the energy children need for learning and play.

Snacks mid-morning & afternoon

A rotating selection of fresh fruit, veggie sticks, rice cakes, crackers, crumpets, pakoras, or wholemeal pitta fingers with homemade dips, served with milk or water.

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Lunch & Dessert	Roasted carrot & red lentil orzo	Fragrant chicken curry with rice	Beef with green beans, carrots, tomatoes & peas	Chicken with vegetables	Turkey with vegetables
		Greek-style yoghurt served with apricot purée	Orange & apple purée	Greek-style yoghurt served with pear purée	Peach purée	Greek-style yoghurt served with orange & apricot purée
	Tea & Pudding	Tomato & red pepper soup	Sweet potato with cheese, beans & carrots	Vegetable & bean jambalaya	Potato with spinach, swede & cheese	Creamy vegetable pasta
		Apple & melon purée	Greek-style yoghurt served with peach purée	Banana purée	Greek-style yoghurt served with raspberry purée	Apple purée
Week 2	Lunch & Dessert	Lamb with vegetables	Chicken & vegetable rice	Pasta bolognese	Turkey & vegetable stew	Salmon with sweet potato & green beans
		Greek-style yoghurt served with blueberry & pear purée	Banana purée	Greek-style yoghurt served with melon & apple purée	Apple purée	Greek-style yoghurt served with banana & raspberry purée
	Tea & Pudding	Pasta with lentils & vegetables	Red kidney beans, tomato, spinach & broccoli	Leek & potato soup	Butternut squash, butter bean & sweet potato	Chicken, vegetables & cheese
		Apple purée	Greek-style yoghurt served with pineapple purée	Mango & apricot purée	Greek-style yoghurt served with orange & banana purée	Pear purée
Week 3	Lunch & Dessert	Vegetables with chickpeas	Mild beef chilli	Bean & vegetable pasta	Chicken, potatoes, peas & swede	Tuna, tomato & spinach pasta
		Greek-style yoghurt served with blueberry & banana purée	Blackberry & pear purée	Greek-style yoghurt served with mango purée	Banana & pear purée	Greek-style yoghurt served with peach purée
	Tea & Pudding	Chicken, sweet potato & spinach	Vegetables with lentils	Turkey, cauliflower, carrot & swede	Creamy vegetable soup	Mixed bean, tomato & swede
		Orange & apple purée	Greek-style yoghurt served with peach purée	Banana & spinach purée	Greek-style yoghurt served with apple & raspberry purée	Carrot & apple purée

Our meals are always prepared to be age and stage appropriate and to meet your child's individual dietary requirements. Occasionally, we may need to make small changes to the menu due to supply issues or other unexpected circumstances. If this happens, your nursery team will let you know.